

Application No. 10/718,005
Amendment "A" dated June 15, 2005
Reply to Office Action mailed December 15, 2004

AMENDMENTS TO THE SPECIFICATION

In paragraph [022], please replace as reflected in the following marked-up version of the paragraph:

[022] Figure 3C shows a cross-section elevational view of the exercise device of Figure 3A, after the exercise device has undergone ~~movement~~ movement and come to rest;

In paragraph [045], please replace as reflected in the following marked-up version of the paragraph:

[045] Figures 4A-4C show stability ball 10 in progressively larger sizes. In one embodiment, the weight of the filler utilized is in the range of about 28 grams to about 6.8 kilograms. In one embodiment, the weight of the filler is in the range of about 28 grams ~~of a pound~~ to about 4.55 kilograms. In another embodiment, the weight of the filler is in the range of about 681 grams to about 1.36 kilograms. In yet another embodiment, the weight of the filler is dependent on the type of filler utilized. By way of example, in one embodiment a 23 cm diameter ball has a filler weight of about 113 grams. In another example, a 65-75 cm diameter ball has a filler weight of about 1.13 kilograms.